



THE CITY OF SAN DIEGO

Park & Recreation Department

"We enrich lives through quality parks and programs."

OCEAN AIR RECREATION CENTER

4770 Fairport Way

San Diego, Ca 92130

Office: 858-552-1687 Fax: 858-847-9907

www.sandiego.gov

GRAND OPENING ACTIVITY PROGRAM SPRING 2010

REGISTRATION: MONDAY, FEBRUARY 11, 2010

CLASSES BEGIN WEEK OF MARCH 8, 2010

SEE INSIDE COVER FOR REGISTRATION DETAILS.

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION

WELCOME!

PARK & COMMUNITY INFORMATION

On behalf of the Ocean Air Recreation Council,

WELCOME! and **HOORAY!!** for the opening of your local Recreation Center. We are grateful to see this beautiful facility open and are excited to help bring wonderful services and programming to our community.

We thank the San Diego Mayor, City Council, and Parks and Recreation Department for their support in getting this GREAT facility open. Get ready for a new gymnasium, tot lot, playing fields, meeting rooms, and GREAT CLASSES!!

Please help us get off to a great start: Come visit! Participate in the programs! Give input on programs you would like to see or Join the Ocean Air Recreation Council.

We are located next to Ocean Air Elementary School. **To get to facility, head East on Carmel Mt. Road and North on E. Ocean Air, it ends at the Recreation Center.** For more information on any of the above contact Center Director, Kevin Wiggins (858) 552-1687.

Looking forward to seeing you at Ocean Air,
The Ocean Air Recreation Council

WHAT is the OCEAN AIR RECREATION COUNCIL?

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment. They plan, promote, publicize, and help provide recreation opportunities for citizens in the Ocean Air Boundaries. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting. Meetings are open to the public. We encourage and welcome your participation. The Ocean Air Recreation Council meets every 4th Tuesday of each month at 7:00pm. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings or join the council.

HOURS OF OPERATION

Effective: January 20th - December 31, 2010

Monday, Tuesday, Thursday	1:00 - 8:00pm
Wednesday	12:00 - 8:00pm
Friday	1:00 - 7:00pm
Saturday	9:00am - 2:00pm
Sunday	Closed

REGISTRATION & PERMITTING HOURS

Monday, Tuesday & Thursday	1:00pm - 5:00pm
Wednesday & Friday	1:00pm - 7:00pm
Saturday	9:00am - 1:00pm

All hours are subject to change without prior notification.

HOLIDAY CLOSURES

PRESIDENTS DAY—FEBRUARY 15th
CESAR CHAVEZ - MARCH 31st
MEMORIAL DAY—MAY 31st

FACILITIES AVAILABLE

Ocean Air Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball/badminton courts
- Three meeting rooms*
- Age appropriate playground
- Passive picnic areas
- Picnic shelter*
- Barbeques
- Lighted Outdoor basketball court*
- Lighted Multi purpose fields*
- Fitness Area
- Trailhead to Carmel Mountain Preserve

*Open to paid reservation, pending availability.
Contact recreation staff for more information.



NEIGHBORHOOD PARKS

Torrey Hills 4262 Calle Mejilones.

Sage Canyon 5252 Harvest Run Dr.

For other Neighborhood parks in your area stop by the Recreation office and inquire with staff.

For park use and reservations for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps, and special events, please contact Ocean Air Recreation Center (858) 552 - 1687.

Events with 50 or more people **MUST** have a paid permit approved by the Center Director.

PARK & COMMUNITY INFORMATION REGISTRATION INFORMATION

GYMNASIUM USAGE

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions!**

OPEN BASKETBALL

Free play basketball is open both inside and outside on a first come, first serve basis. See gym schedule for indoor free play hours. All ages are welcome.

OPEN VOLLEYBALL

Free play volleyball. Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

OPEN BADMINTON

Free play badminton. Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

*** No organized play, practice or instruction is allowed in the gymnasium without approved permit.**

FIELD USAGE

The Ocean Air Joint-Use Field is a partnership between the City of San Diego and the Del Mar Unified School District. The playing fields are closed to public use 1/2 hour before the start of the school day bell and up until a 1/2 hour after the end of the school day bell.

Fields are available to the public Monday—Friday, Week-ends, Holidays and when school is not in session. All organized activities including: leagues, classes, instruction and special events require a permit. Field usage is determined by the Park and Recreation Department. For permitting information and availability please contact the Ocean Air Center Director at (858) 552-1687.

REGISTRATION BEGINS:

Thursday, February 11, 2010 at 1:00p.m.

CLASSES BEGIN: Week of March 8, 2010

- * Registration is taken on a first come, first serve, walk in basis. Phone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.
- * If classes do not meet minimum enrollment (5) they will be cancelled and a full refund will be issued.

PAYMENT POLICY

- * Payment is required at the time of registration.
- * **Registration deadline is the second class meeting.** No registrations will be accepted after the second scheduled class meeting.
- * Exact CASH or CHECK payable to OARC are the only methods of payment accepted.
- * A \$30.00 service fee will be charged for ALL returned checks.
- * Class fees are NOT pro-rated/discounted after the beginning of the scheduled session.
- * **Non-City of San Diego residents pay an additional program surcharge of \$2.75 per class during each session.**

REFUND POLICY

- * Refund request forms **MUST** be submitted **PRIOR** to the 2nd scheduled class meeting.
- * To obtain a refund, a OARC Refund Request Form (obtain at office) must be completed and submitted with your pink receipt.
- * A \$10.00 service fee will be charged for each refund request.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes.

GENERAL PARK RULES

- No Field use During School Hours
- No Smoking
- No Glass Containers
- No Littering
- No Golfing
- No Motorized Devices
- No Model or Remote Controlled Devices
- Dogs Must be on Leash
- No Dogs on Playground
- No Dogs on Fields during Permitted Activities
- No Overnight Camping
- No Open Camp Fires
- No Skateboards, Bikes, Scooters, or Roller Skates around building or tot lot

SUMMER REGISTRATION DATES

The Summer Ocean Air Activity Program will be available **May 31st**. Registration for Summer programs will begin **June 12th** with most programs beginning **June 21st**.



PARK & COMMUNITY INFORMATION

INDIVIDUALS WITH DISABILITIES

All classes can accommodate individuals with disabilities. Upon availability, Therapeutic Services will provide staff for additional assistance along with Ocean Air Park contractual staff. Please request this service at least three weeks prior to the first day of the program. For more information on Therapeutic Services call (619)525-8247.

AED

Automated External Defibrillator's (AED) are located inside the Ocean Air Recreation Center.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse
(858) 259-1450

C.V. Manchester Soccer
(858) 344-1086

Del Mar Little League
www.dml.org

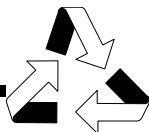
DMCV Sharks
(858) 794-8404

North Shores Girl Softball
(858) 643-9790

**Torrey Pines Pop Warner
and Cheerleading**
www.torreypinespw.com

RECYCLE

The park has marked recyclable containers throughout the park. Keep the park clean by RECYCLING! Please do not overflow the containers. Please let the office know if cans are full. ILLEGAL DUMPING IS PROHIBITED.



FEE WAIVER

Low income Fee Waivers are available for families that qualify. Please ask staff for further information.



YOUTH / FAMILY PROGRAMS

TANG SOO DO KOREAN KARATE

This internationally accredited martial arts program will help you Get Fit, Stay Safe, and Have Fun. Age-appropriate classes for Youth & Adults offered simultaneously to maximize your family time.

Day: Monday and Wednesday

YOUTH, 8+ years

Enhance fitness, coordination, memory & confidence. Life skills to deal with bullying, strangers, and emergencies.

Time: Beginning: 6:00 – 7:00pm

Intermediate: 6:00 – 7:30pm

Introductory Fee:

Session I: \$40/ 3weeks March 15th—March 29th

Session II: \$96/ 8weeks April 12th—June 9th

ADULTS

Sweat away stress and pounds. Learn martial arts and practical self-defense. Increase strength, flexibility and fitness.

Time: Beginning: 6:00pm – 7:00pm

Intermediate: 6:00pm – 7:30pm

Advanced: 6:00pm – 8:00pm

Introductory Fee:

Session I: \$40/ 3 weeks March 15th—March 29th

Session II: \$96/ 8weeks April 12th—June 9th

Chief Instructor: Kelly Goodwin, for more info:

www.coastalcanyontsd.org or call 858-356-9535



U.S.A. FREESTYLE MARTIAL ARTS

From our children's programs to out adult's martial arts programs, USA Freestyle Martial Arts provides a comprehensive program for self defense, fitness, and personal development.

Day: Tuesday and Thursday

COOL KATS

The Cool Cats program prepares your child for our children's karate program. Your child will be introduced to positive social interaction and learn how to work with others and follow directions from the instructors.

Ages: 4—6 years old

Time: 4:00 – 4:30pm

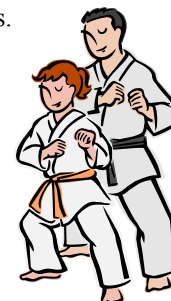
Introductory Fee

Session I: \$60/ 5 weeks

March 9th—April 8th

Session II: \$96/ 8weeks

April 12th—June 3rd



Karate Kids Ages 7-9

Youth/Teens Ages 10-14

Adults

5:00 – 5:45pm

6:00 – 7:00pm

7:00 – 8:00pm

Introductory Fee

Session I: \$60 / 5 weeks

Session II: \$96 / 8 weeks

March 9th—April 8th

April 12th—June 3rd

Instructor: Jerry Gerongco

YOUTH PROGRAMS

ROCK AND TUMBLE GYMNASTICS



GYM KIDS

Three and Four year olds have a great time while learning gymnastics, the sport of all sports! Low student teacher ratios are maintained as instructors use circuits for minimal down time as children learn by doing. Imaginative lesson plans are used to incorporate gymnastics, motor skills, strength and flexibility by use of age appropriate progressions & circuit training. Parents, you are welcome to watch the fun from the viewing area.

Age: 3-4 Years Old (6:1 Student/Teacher Ratio)
Day: Wednesday
Time: Level I 10am – 10:45am / 11am – 11:45am
 Level II (Age 4 only) 12:00pm – 12:45pm

Introductory Fee

Session I \$56/ 4 week mini-session

March 10 - April 7th

***No class 3/31**

Session II Fee: \$128 (8 Weeks)

April 14th - June 2nd



GYMNASTICS I & II

Gymnastics for boys and girls offering instruction on vault, bars, balance beam and floor exercise. Strength and flexibility are increased as gymnasts learn proper progressions for mastering new skills. This hour long class focuses on introducing, developing and perfecting gymnastics skills. Level I is offered for students new to gymnastics, while level II is for students with gymnastics experience. Skills introduced will follow USA Gymnastics pre-competitive levels I-V, preparing the gymnasts for level IV competitive skills.

Age: 5-9 Years Old (7:1 Student/Teacher Ratio)

Day: Wednesday

Time: Level I (Ages 5-8) 1:00pm – 2:00pm

Level II (Ages 6-9) 2:00pm – 3:00pm

Introductory Fee

Session I \$56/ 4 week mini-session

March 10 - April 7th

***No class 3/31**

Session II Fee: \$128 (8 Weeks)

April 14th - June 2nd



For registration information contact Rock and Tumble at (858) 487-7799 or internet: www.rockntumble.com



MASTER SPORTS

BASKETBALL SKILLS

Learn new skills and have fun with great coaching. Class focuses on improving players fundamentals through drills and games. Participants receive a shirt.

Day: Monday

Ages: K - 2nd grade **Time:** 3:00pm – 4:00pm

3rd - 6th grade **Time:** 4:00pm – 5:00pm

Session I: April 12 - June 7th

Fee: \$110



SOCCER

A great class to improve skills, build confidence and have fun in a low pressure setting. Participants receive a shirt.

Day: Thursday

Ages: K - 2nd grade **Time:** 4:00pm – 5:00pm

3rd - 6th grade **Time:** 5:00pm – 6:00pm

Session I: April 15 - June 3rd

Fee: \$110

JR. SPORTS

Participants will play soccer, basketball, t-ball, flag football and track and field. Participants receive a shirt and sports gift.

Day: Wednesdays

Ages: 3 - 4 years **Time:** 10:00am – 10:50am

4 - 5 years **Time:** 11:00am – 11:50am

5 - 7 years **Time:** 1:00pm – 1:50pm

Session I: April 14th — June 2nd

Fee: \$ 110

Day: Thursdays

Ages: 3 - 4 years **Time:** 10:00 - 10:50am

4 - 5 years **Time:** 11:00 - 11:50am

3 - 4 years **Time:** 3:00 - 3:50pm

Session I: April 15th — June 3rd

Fee: \$ 110

Day: Saturdays

Ages: 3 - 4 years **Time:** 8:45 - 9:30am

4 - 5 years **Time:** 9:35 - 10:20am

2 - 3 years **Time:** 10:30 - 11:00am

(parent participation required)

5 - 6 years **Time:** 11:05 - 11:50am

Session I: April 17th — June 12th ***No class on 5/29**

Fee: \$ 110

For more information and registration contact

Master Sports at

(858) 518-1315 or visit www.MASTERyourSPORTS.com



YOUTH PROGRAMS



MASTER SPORTS

XTREME DODGE BALL WEDNESDAYS

Get ready for one of the most fun games your child will play. Combining dodge ball, capture the flag, hide and go seek and paintball this game is a sure winner. We use soft foam style dodge balls for safety. Games are held in the gym.

Day: Wednesdays

Ages: 3rd - 6th grade **Time:** 3:30 – 4:40



Session I: April 14th - June 2nd (8 Weeks)

Fee: \$110

VOLLEYBALL

Classes focus on improving players fundamentals through drills and games. Classes held indoors. Space is limited. Shirt included.

Day: Thursday

Ages: 9 - 13 Beginner

Time: 4:00 – 5:00pm

9 - 13 Intermediate

Time: 5:00 – 6:00pm

Session I: April 15th - June 3rd (8 Weeks)

Fee: \$110

REGISTER AT

WWW.MASTERYOURSPORTS.COM



Association for Athletics

**CARMEL VALLEY
SPRING YOUTH**

BASKETBALL LEAGUE



Make your own team, pick a name, and play some basketball. Games are on Saturdays and held in the gyms at Ocean Air and Carmel Valley Recreation Centers. Season runs March 27th—June 19th.

Cost: \$850 per team (\$950 after March 10th)

Sign up early to guarantee a spot. Jerseys and awards included.

BOYS

1st - 2nd

3rd - 4th

5th - 6th

7th - 8th



GIRLS

5th - 6th

7th - 8th

**DOWNLOAD TEAM REGISTRATION FORM AT
WWW.MASTERYOURSPORTS.COM**

EVOLVE DANCE PROGRAM

The EvOLvE Dance Program Where You Call The Shots!

The one-of-a-kind EvOLvE Dance program goes beyond traditional dance classes by putting students in the driver's seat when creating their end-of-session performance. Dancers become the decision makers as the choreographers, show managers, and art designers and when choosing their own music and the styles of dance they want to perform. This positive and high-energy program is fun and non-intimating and develops confidence, teamwork and communication.

Level:

Beginner to Advanced Ages: 3rd—8th Grade

(The program is suited for various ages and levels as students work in groups).

Day: Tuesday **Time:** 3:30pm – 4:45pm

Introductory Session - Evolve Program

Session I (5 weeks)

March 9th - April 6th

Fee: \$ 60.00

SESSION II (8 weeks)

April 13th - June 1st

Fee: \$135



Tiny Movers

Ages: 3 - 4

Day: Saturday

Time: 9:30am – 10:25am

A combination class of tap, ballet, tumbling and dance games. This fun, high-energy, and creative expressive class will have your *Tiny Mover* learning basic dance skills, creativity, coordination, musicality and rhythm. Free Trial Class.

Star Shiners

Ages: 4-5

Day: Saturday

Time: 10:30am – 11:25am

A combination class of tap, ballet, and tumbling to keep your *Star Shiner* moving. This gentle but structured class will include fun movement allowing your child to express themselves while developing dance, listening, and motor skills. Free Trial Class.

Session I:

March 13 - April 10th

Introductory Rate: \$60

(20% Discount)

Session II:

April 17th - June 19th

Fee: \$150 (10-weeks)

(End of Session Performance)

***No class on 5/29 (make up TBA)**

Director: Brittany White

For more information, please visit

www.dancetoevolve.com or call (858) 717-1480.



YOUTH PROGRAMS



KID CITY

PEE WEE AND ME

Children will learn fundamentals of four (4) different sports. These sports will include the traditional "Multi-Sport" format which will be 2 weeks of soccer, 1 week of football, 1 week of basketball and 1 week of t-ball (in that order).

***Parent participation is required.**

Day: Friday **Time:** 4:30pm - 5:10pm

Ages: 24-36 months old

Fee: \$70/5 weeks

Session I: March 12th - April 9th

Session II: April 16 - June 4th

Fee: \$110/8 weeks



PEE WEE SPORTS

Children will learn fundamentals of four (4) different sports. 2 weeks of soccer, 1 week of football, 1 week of basketball and 1 week of t-ball. Our goal is for children to have fun and get exposure to a variety of sports. We emphasize keeping the kids moving and enhanced individualization. For 3-6 year old classes, ages are divided among age groups when necessary.

Ages: 3-4 years

Day: Tuesday **Time:** 10:00am - 10:40am

Fee: \$70/5 weeks

Session I: March 9th - April 6th

Session II: April 13 - June 1st

Fee: \$110/8 weeks



Ages: 3-6 years

Day: Friday **Time:** 3:45pm - 4:25pm

Fee: \$70/5 weeks

Instructor: Kid City Staff

Session I: March 12th - April 9th

Session II: April 16 - June 4th

Fee: \$110/8 weeks



KID CITY

SOCCER

Children will have a ball learning the fundamentals of soccer. Skills covered are kicking, passing and defense. Kids will participate in "Live Games" and mini-stations are incorporated to enhance skills. Your little athlete will be introduced to the concept of set plays and gain soccer experience.

Day: Monday

Ages: Soccer I: Ages 3-4, 3:45pm - 4:25pm
Soccer II: Ages 5-6, 3:45pm - 4:25pm

Introductory Fee: \$70/5 weeks

Session I: March 8th - April 5th

Session II: April 12th - June 7th

***No class 5/31**

Fee: \$110/8 weeks



For more information and registration contact
Kid City at
(858) 344-2557 or visit www.kidcitysports.com

KID CITY

T-BALL

Children will learn fundamentals of throwing, catching and hitting the ball. This will include infield and outfield practice. We focus on the "see the ball, hit the ball" approach along with grounders and fielding technique. Kids will participate in "live Games". Glove and ball provided for use during class. Every child participates with their own glove.

Day: Monday

Ages: 3-4 years

Time: 4:30pm - 5:10pm

5-6 years

Time: 4:30pm - 5:10pm

Introductory Fee: \$70/5 weeks

Session I: March 8th - April 5th

Session II: April 12th - June 7th

***No class 5/31**

Fee: \$110/8 weeks



SNEAKY KIDS

NUTRITION AND SNACKS

Watch your child eat the healthy snacks they prepare with the Creative Dietitian. Basic nutrition instruction, mindful eating, portion sizes, meal planning, and marketing tricks are discussed as your kids have fun.

Day: Monday

Time: 4:00pm - 5:00pm

Ages: 1st - 4th grade

Introductory Fee: \$65/ 4 weeks

Session I: March 8th - March 29th

Session II: Fee: \$128/ 8 weeks

April 12th— June 7th (No Class on May 31st)

Instructor: Jodie Block, MS, RD, CDN



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8903) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

YOUTH PROGRAMS ADULT HEALTH AND FITNESS

LITTLE RASCALZ



NON-COMPETITIVE SOCCER CLASSES

LITTLE RASCALZ SOCCER Classes are unique. There is no substitution to this program and our highly effective methods. Our particular style of fun/teaching is completely one of a kind and we back that up with a *100% money back guarantee!* Our classes are:

- *Extremely entertaining (for parents too)!
- *Super effective with small class sizes.
- *A high energy experience & great exercise Plus, they of course promote the development of gross motor skills, social interaction, cooperation with peers, direction following etc.

***Mommy 'n' Me** - For curious and energetic little ones aged 18 mo - 2½ ish.

* **Regular classes** - Suitable for the majority of children aged 2½ - 5½ ish.

***Vets classes** - Slightly more challenging for children aged 4-6 yrs.

***Munchkin classes** - Advanced with competition introduced for 5-6 yr olds.

Day: Mondays

9:45 AM - Mommy 'n' Me soccer/sports

10:30 AM - Regular class

Session I: (8 weeks) March 8th–April 26th

Fee - \$135

Day: Tuesdays

3:30pm - Regular class

3:30pm - Vets class

4:20pm - Regular class

4:20pm - Vets class

5:10pm - Regular class

5:10pm - Vets class

Session I: (8 weeks) March 9th–April 27th

Fee - \$135

Day: Fridays

3:30pm - Regular class

3:30pm - Vets class

3:30pm - Munchkin class

4:20pm - Regular class

4:20pm - Vets class

4:20pm- Munchkin class

5:10pm- Regular class

5:10pm- Vets class

5:10pm - Munchkin class

Session I: (8 weeks) March 12th–April 30th

Fee - \$135



**For more information and registration contact
Bethy at 619-309-9626
www.littlerascalsoccer.com**

CARDIO KICK BOXING

Aerobic Instruction with a focus on developing rhythm & performing combination techniques that incorporate kicks, punches, blocks, dips, and footwork to music. All levels welcome.

Day: Monday

Time: 5:00 – 6:00pm

Ages: Adult

Introductory Fee: \$50/5 weeks

Session I: March 8th - April 5th

Session II: \$80 (8 Weeks)

April 12th - June 7th

(No Class on May 31st)

Instructor: Salim Odero



CAPOEIRA

Come experience this Brazilian Martial Art that blends fight, game and dance into a comprehensive system. Capoeira is an intense workout that involves coordination, balance, body inversion and acrobatics.

Day: Friday

Time: 5:30 - 7:00pm

Ages: Adult

Introductory Fee: \$50/5 weeks

Session I: March 12th - April 9th

Session II: \$80 (8 Weeks)

April 16th - June 4th

Instructor: Salim Odero



U.S.A. FREESTYLE MARTIAL ARTS

Our adult's martial arts program provides a comprehensive program for self defense, fitness, and personal development.

Day: Tuesdays and Thursdays

Ages: Adults

Time: 7:00 - 8:00pm

Introductory Fee

Session I \$60/5 weeks

March 9th - April 8th

Session II \$96 /8weeks

April 12th - June 3rd

Instructor: Jerry Gerongco

Began his martial arts journey at the age of eleven with Sensei Darren Kikuchi, the founder of U.S.A Freestyle Martial Arts. He is currently the highest ranking member of U.S.A.F.M.A with a 4th Degree Black belt rank.





ADULT HEALTH AND FITNESS

NUTRITION

“What Really to Eat When You’re Expecting”

This class is designed for the expecting mother or mother hoping to be pregnant soon, Maternal Dietitian Expert Jodie Block guides you through your pregnancy and helps you stay on track. Topics include: What makes a healthy prenatal diet, How to gain exactly the right amount of weight, to make after pregnancy weight management a cinch.

Day: Tuesday
Time: 10:00am – 11am
Introductory Fee: \$65/4 weeks
Session I: March 9th - March 30th
Session II: \$128 (8 Weeks)
 April 13th - June 1st
Instructor: Jodie Block, MS, RD, CDN



MINDFUL HATHA YOGA CLASS

In this Mindful Yoga class, experience the practice of conscious, yogic breathing techniques and integrate the fundamentals of mindfulness and meditative focus within the scope of each yoga (asana) practice session.

Day: Thursday
Time: 6:00 – 7:40pm
Introductory Fee:
Session I: \$60/5 weeks
 March 11th - April 8th
Session II: \$96 (8 Weeks)
 April 15th - June 3rd

Instructor: Donna Cheema, M.Ed, Certified Phoenix Rising Yoga Therapist, Licensed Holistic Health Practitioner, Registered Yoga Teacher, E-500



TANG SOO DO KOREAN KARATE

Get Ready to sweat! Teens and Adults learn martial arts and practical self-defense. Increase strength & flexibility. Classes include punching, kicking, weapons, forms, & sparring. Join an internationally accredited organization that fosters lifetime training and friendship.

Day: Mondays and Wednesdays
Time: **Beginning:** 6:00pm – 7:00pm
Intermediate: 6:00pm – 7:30pm
Advanced: 6:00pm – 8:00pm



Introductory Fee:
Session I: \$40/ 3weeks March 15th - March 29th
Session II: \$96/ 8weeks April 12th - June 9th

Chief Instructor: Kelly Goodwin, 4th Dan, is a featured martial arts expert on eHow. All instructors are certified through the World Tang Soo Do Association. The Coastal Canyon TSD team brings over 55 years of combined martial arts experience! For more information see www.coastalcanyontsd.org or call 858-356-9535

PILATES

POSTNATAL EXERCISE CLASS WITH MOM AND BABY

This class will get you back in shape while playing with you baby and meeting other moms. Class is based on principles of Pilates which focuses on stabilizing the core and toning all major muscle groups. Bring a mat for you and a blanket for your baby. Class recommended for Mom or Dad and a pre-walking baby.

Day: Tuesday
Time: 10:20 – 11:20am
Ages: Adult
Introductory Fee:
Session I: \$60/4 weeks
 March 9th—March 30th
Session II: \$136 (8 Weeks)
 April 13th—June 1st

Instructor: Maria Cleary
SENIOR PILATES

This class promotes strength, balance and flexibility to create ease of movements in your daily life. The class is for all levels. It's a great way for seniors to exercise in a safe, enjoyable and social environment. Please bring yoga mat.

Day: Tuesday
Time: 9:15 – 10:15am
Ages: Adult
Introductory Fee:
Session I: \$48/4 weeks
 March 9th - March 30th
Session II: \$96 (8 Weeks)
 April 13th - June 1st
Instructor: Maria Cleary



HARD CORE PILATES

This class will energize you, develop core strength, build lean muscle and increase flexibility. Learn how to find the deeper muscles of your core. Pilates can reshape your body through control, precision and balance. Please bring a yoga mat.

Ages: Adult
Day: Monday
Time: 6:45pm – 7:45pm
Introductory Fee:
Session I: \$60/ 4 weeks
 March 8th - March 29th
Session II: \$136/ 8 weeks
 April 12th - June 7th (No Class on May 31st)



Day: Tuesday **Time:** 11:25am – 12:25pm
Introductory Fee:
Session I: \$60/ 4 weeks March 9th - March 30th
Session II: \$136/ 8 weeks April 13th - June 1

Day: Wednesday **Time:** 5:30pm – 6:30pm
Session II: \$136/ 8 weeks April 14th - June 2nd

Check out the website:

www.purepilatessandiego.com

ADULT HEALTH AND FITNESS

AUTHENTIC PILATES MAT CLASS

The Pilates mat system will engage your mind and body to perform the movements correctly to improve muscle function and control core strength and flexibility. Regardless of your current level of fitness, Authentic Pilates can be your primary mode of body conditioning and injury prevention.

Day: Wednesday
Time: 10:15 - 11:15am
Ages: Adult

Introductory Fee:

Session I: \$75/5 weeks
March 10th - April 14th

***No class 3/31**

Session II: \$136 (8 Weeks)

April 21st - June 9th

Instructor: Federico De Silva



BOOT CAMP

This Cross-Training class will adapt for any fitness level and any age. Pilates and other core conditioning will be used. Sport specific and corrective exercise postural goals will be met. Post rehab progressions and modifications will be used as needed per individual.

Day: Saturday
Time: 10:30 - 11:30am
Ages: Adult

Introductory Fee:

Session I: \$79/5 weeks
March 13th - April 10th

Session II: \$152 (8 Weeks)

April 17th - June 5th



Instructor: Federico De Silva

Since 1989, Federico has dedicated his life to the pursuit of excellence in corrective high performance exercise kinesiology. He is thorough in his biomechanical approach and has worked with elite athletes, post-rehab patients, children, and the elderly.

UPCOMING SPECIAL EVENTS

SPRING EGG HUNT

TORREY HILLS PARK

OCEAN AIR COMMUNITY PARK

SUMMER CELEBRATION

Check our website for more info:

<http://www.sandiego.gov/park-and-recreation/centers/oceanair.shtml>

ADULT ATHLETICS

ADULT SOFTBALL LEAGUES

Adult Softball Leagues both Co-Ed and Men's will be held throughout the week. Leagues will soon be forming. For more information please contact the Center Director at (858) 552-1687.



MEN'S BASKETBALL LEAGUE

San Diego Basketball will be organizing Adult Men's and Women's Basketball. For more info contact Rob Powell, League Director at (858) 829-8007 or check out the website at:

www.sandiegobasketball.com



HOW TO FIND US:

